

FALL NEWSLETTER, NOVEMBER 2017

President's Letter

If I can do this, I can do anything!

This is the motto for the Disabled Sports USA organization which I have become very familiar with and is close to my heart. My teaching career began within the adaptive ski school at Bogus Basin. I started my teaching success with this principle in mind. This thought process has become a cornerstone for my personal and professional life. I think about all the challenges I face on a daily basis and how I can overcome these challenges, using this very same logic. I've also used this principle in achieving my certification levels which has influenced my desire to always seek more in life. This principle becomes a theme we can all use in our daily lives and apply on a daily basis. As we look forward to the coming ski season, we think about all the challenges we faced last year and how we overcame the challenges.

This new season brings many opportunities for us to become even more involved in our professional careers as certified instructors. I find myself thinking about my position as president of the Northern Intermountain Division board and how I can help the division to continue to achieve the success we have brought to each mountain

within the division. The Northern Intermountain Division is comprised of volunteers both within the board and on the education staff that work hard throughout the year to bring current events and the most relevant practices and news that affects our continued learning. Our biggest goal this year is to develop relationships with industry partners, resort management, school directors, and our instructors. The division is very fortunate in bringing on a new administrative staff member, Meghan Larson, who is a former Executive Director of the Northern Rocky Mountain Division. Her position is evolving and she has taken a leadership role within the division to help us in our direction of alignment with PSIA-AASI National, membership, clinic scheduling, online test administration and database management, and coordination of business practices at all levels. We are fortunate to be able to leverage her knowledge and she is a valuable asset to the division. Our education staff is made up of well qualified individuals who serve as Division Clinic Leaders and Division Clinic Team members, that help roll out the latest teaching methods to help us become better professionals. Our collaboration with PSIA-AASI National also allows us the opportunity to bring in D-Team members representing the different disciplines.

This leads me to the important message of cost increases. As a result of bringing increased clinic opportunities, online test administration, new database administration with National and admin support, we find ourselves in the midst of a budget shortfall. The two biggest revenue items in the budget are dues income and clinic and exam fees income. In order to address this budget shortfall, we are introducing a modest price increase in our clinic

and exam fees of \$10. This increase helps us to better administer clinics, online test administration and database administration, and training within the division. We can all come away with a better understanding that we have many opportunities that are presented to us. Compared to other divisions, Northern Intermountain is still on the low end of cost per clinic fee given the credit and outstanding value received for the training. There are scholarships available for members in need and training support to help increase success. In addition, I would ask each member to take a look at their dues and ensure your dues are paid up to date.

Lastly, I would like to challenge each and every one of you to come up with a goal or list of goals that you would like to achieve this coming year. It can be either professional or personal in nature. With these goals in mind, perform a check mid-season to see if you are on track to achieve these goals. You will find that the motto in the heading is very appropriate and will contribute to your overall success. "If I can do this, I can do anything!"

Fernando Veloz
 President PSIA-AASI NI Division

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**Congratulations
Snowboard
Level 1 Candidates:
2016-17**

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Jim Carlsen
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Randall K. Cox
Barry V. Dworak
Anthony D. Hamston
Cheyenne M. Hegsted
Kylan S. Hull
Kerri Hurlock
Jeff Nevins
Dave W. Robey
Chris Blaschka-Wilson
Tesse Wygant
Margaret E. Zee

NI News:

Welcome New Chair Members!

Meghan Larson, Executive Coordinator

My name is Meghan Larson and I will be your Executive Coordinator for the coming winter season! I grew up in Southwest Florida surfing, sailing, and enjoying all of those warm weather activities we dream about come mid-winter. I moved to Bozeman, Montana 15 years ago after meeting my amazing husband, and have never looked back. With a BA in Business Communications and a Master's in Adult Education, I randomly found a career path in hospitality management and then in 2012 I was introduced to PSIA-AASI! I worked as the Executive Director for the Northern Rocky Mountain Division for four years and in that time formed a wonderful working relationship with Northern Intermountain's Board and Education Team. For the past year I have quietly been learning about your division and its intricacies, helping with event management. This year I will be taking on a larger role, hence the cool title, helping your leadership communicate to you the goings-on of this division, as well as provide a support system for all of Northern Intermountain's members, meaning you! Please feel free to reach out with any questions or if you need a helping hand. I look forward to getting to know you and maybe even sliding on some snow together in the near future!



Jeff Burley, Adaptive Alpine Coordinator

I am looking forward to many years of outdoor fun sliding on snow in Idaho. I started my career in snowsports while working on my first degree in Recreation Therapy with Disabled Sports USA Far West at Alpine Meadows during the '95-96 season. My next stop was in Utah with the National Ability Center at Park City Mountain Resort and the opportunity to train year-round with multiple Paralympians that were preparing for the 2002 Winter Games. This is also where I met my wife Muffy Davis and I assisted in coaching her to multiple medals during the 2002 games. During this same period, I earned a Master's degree in Recreation Therapy, PSIA Level 3 adaptive, AASI 1 certifications and served on the Intermountain PSIA board as the Adaptive Chair. After our child Elle was born in 2008, Muffy switched to Paralympic Cycling, and I had to switch careers to directing the adaptive sports programming for Salt Lake County. This took me away from teaching skiing full time in the winter, but I still managed to teach a handful of lessons each year with the county's ski bus program at Snowbird, Brighton, and Park City. During the 2015-16 season, we decided as a family to move back to Muffy's childhood turf in Sun Valley and leave the big city behind. I was fortunate to be hired as a Senior Recreation Therapist at Higher Ground and eventually found my way to the Director of Adaptive Sports including directing the snowsports program for Higher Ground. My wife, daughter, and I are all excited to be living and playing in Idaho.



Snowboard Education Chair Position Open

Northern Intermountain is seeking a qualified and enthusiastic individual for the Snowboard Education Chair position. The position helps represent the NI Division provide high quality education that gives unique opportunities to help make sure the division is up-to-date with national standards and objectives, and to help coordinate events around the division. The individual must be able to dedicate time in order to prepare seasonal calendars, events, help with exams, and most importantly interact with divisional members. If this is something that sounds intriguing, contact a local board member, discipline chair, or other participant of the Northern Intermountain Division Board of Directors. Or, refer to the NI website for more detailed descriptions and qualifications.

PSIA-AASI Awards Program

The Awards and Recognition Committee is comprised of a combination of 8 at-large and National Board members, from all 8 Divisions. The committee is charged with getting the word out about the 6 national awards, to our Division Boards, Member Schools, and you, our membership! The committee also curates and evaluates the current awards--in language and scope, reviews nominations to make recommendations to the National Board, and looks to the future for ways to recognize our membership. Information about the awards, including nomination deadlines, can be found on the website, at the following location:
<http://www.thesnowpros.org/awardsandrecognition>

Scholarship Opportunities

The Northern Intermountain division is excited to be offering three different scholarships through the PSIA/AASI-NI Education Foundation. Any PSIA/AASI-NI member in good standing (both membership and continuing education) is eligible to apply. The Education Scholarship is designed to provide financial assistance to any snowsports instructor who is seeking to further their career by taking events including taking a clinic, an accreditation, or an exam in the Northern Intermountain division. Scholarships are available for all disciplines including Alpine, Snowboard, Adaptive, Children's and Nordic events. The Education Scholarship does not award money for annual membership dues in PSIA/AASI.

To apply for a scholarship, members can go to the PSIA/AASI-NI website and navigate to the resources tab and print off the application form, fill it out, and mail the application along with a letter of recommendation from your ski school director, supervisor, or mentor from your ski school. All applications need to be turned in 30 days prior to your event. Mail your application to:

PSIA-NI Attn: Education Foundation
P.O. Box 2587
Ketchum, Id 83340

Alpine Certification Update Fall 2017

I hope everybody has enjoyed the summer. Our alpine exam processes and schedule for the coming winter will be similar to last winter's. There will be continued evolution; however, the specifics of the process will remain largely consistent. We are finalizing the schedule and updates to the exam guide, and they will be online in mid-November.

Here is what to expect:

- The addition of a second set of Level 2 and 3 prep clinics and exams will continue. We will hold the first round of prep clinics in January with exams in February. The second round will have prep clinics taking place in February and exams in March or early April.
- A revised exam guide will be available in mid-November.
- The scorecards and Movement Analysis processes will be updated.
- We are making adjustments to the examiner/candidate ratios this season to ensure the ongoing consistency and quality of the assessment process and experience.

Members of the Northern Intermountain education leadership will be traveling to Colorado at the start of November for the PSIA-AASI National Conference. There is quite a lot of discussion taking place regarding alpine exam processes. We have been active in this discussion and are excited by the tone and direction of the work being done. We expect that this work will help us implement more significant changes to our Northern Intermountain alpine exam processes for the 2018-19 season. The philosophy underlying all adjustments to ensure that a fair and consistent process takes place and is administered with transparency. We seek to ensure that the specifics of the process set both the exam candidates and the examiners up for a successful assessment process.

Have a great fall and I look forward to seeing everyone out on snow!
Ben Roberts
NI Alpine Certification Chair

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TEACHING CHILDREN IS TOO MUCH FUN!

Pathway to NI Children's Specialist Trainer (CST) CDCT and CDCL

Announcement & Application:

Dates and location for CDCT tryouts will be announced in the NI newsletter and on the website. Tryouts will be held as needed. Directions to find link to application will be found in the newsletter. Link to application will be found on the website. Applications will be due 4 weeks prior to tryouts. Invitations will be extended at least 3 weeks prior to tryouts.

Requirements to apply:

- Current member of PSIA-AASI, in good standing
- Current Discipline Level 3
- Current CS2
- Minimum of five years teaching children skiing or riding
- Minimum of 20 hours of children's clinic leading. Verification of clinic hours will be required via written submission from a supervisor or school director.
- CST Workbook successfully completed and submitted with application. The workbook will be available from the NI Children's Chair.

If all of the above criteria are met the candidate may be invited to attend a CDCT tryout.

Schedule:

The event will be one or two days, based on number of candidates. If candidate numbers are small enough for a one-day event (i.e. 1 or 2), the two-day schedule listed below will be condensed, as necessary.

Day one will start indoors with candidates giving a one-hour presentation discussing the theories of Kohlberg, Maslow, Bloom, Kolb and Gardner and how they relate to children's teaching. There will be a short ski break between the morning and afternoon sessions with informal evaluation of the candidate's skiing and/or riding. The afternoon will be on snow. Each candidate will give a one-hour clinic on teaching kids; using the CAP model, skills concept and fundamentals to teach different ages and levels.

Day two will start on snow with the candidate presenting a one-hour clinic chosen by the evaluators from the workbook. Lunch discussion will be on CS1 and CS2 movement patterns related to age. The afternoon will be evaluation of skiing and riding skills. Discipline DCL/Examiners, as needed, will be present for skills evaluation.

Evaluation:

Scoring of the indoor and on snow clinics will be based on Bloom's Taxonomy. A Discipline-specific Level 3 scorecard will be used as a checklist for skills evaluation. A minimum of 2 CDCL/Examiners will be present. A scorecard and feedback will be provided to the candidate at the end of the event.

Pathway from CDCT to CDCL:

Successful candidates will be invited to become CDCTs, and will shadow CS clinics and exams for two years, or longer if needed. The CDCT may be asked to participate by leading a part of a prep clinic.

Required* number of clinics to shadow is (* number may be adjusted by Chair, on case by case basis):

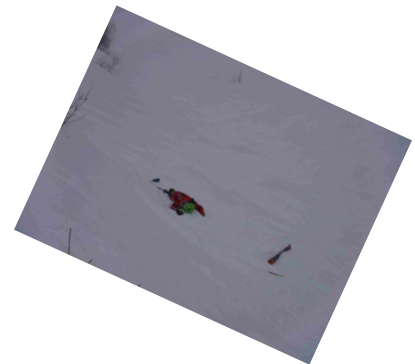
- 2 CS1 prep clinics
- 2 CS2 prep clinics
- 2 CS1 assessments
- 1 CS2 exam

After the shadowing requirement has been met the CDCT may become a CDCL. CDCTs and CDCLs will be expected to attend fall and spring NI Ed Staff Training and fill out all paperwork needed to assume these roles.

The NI Children's Chair will oversee the entire process.

For more detailed information, please contact:

Jani Sutherland
NI Children's Education Chair



SENIORS ANYONE?!

Senior Specialist Accreditation

Northern Intermountain Division will launch a Senior Specialists Accreditation Program for the 2017/2018 ski season. Emphasis will be on learning the nuances specific to working with senior skiers. The program is designed to help us enable our senior clients to ski more efficiently, experience less fatigue, and have more fun. Look for the schedule of events available on the NI website later this fall. Take the challenge, join us for this fun and educational event.

For me, anything I can learn about skiing or teaching is fun. We have a program at Brundage Resort called the 50/50 Club. Tamarack has had a similar program called Silver Ski. These programs are designed for senior skiers, mostly retirees, who live in our geographical area. These folks come with a wealth of knowledge and life experiences. I have had the privilege to lead a group of 50/50 Club skiers for the past five seasons. Teaching this group is a fun, rewarding and enjoyable experience. This program enabled me to make a lot of local friends, who other wise I may not have had the chance to meet. Instructors teaching within Brundage's seniors' program have been able to build a larger clientele and generate private request lessons as well as making life long friendships.

Last season I was given the opportunity to attend the Senior Specialists accreditation clinic at Bogus Basin. The event was taught by a very qualified gentleman named Ted Pitcher, who hails from the Western Division. Ted has a wealth of knowledge relating to Senior Skiers, and skiing in general. NI's seniors' program will be conducted in a similar approach to that of Western Division. We intend to have a three-day event which will cover a modified teaching cycle for senior skiers and skiing technics applicable to senior skiers.

Day one will consist of general skier improvement as we relate it to what we working on in our own individual skiing for the season and how it may relate to working with senior skiers.

Day two will be geared toward teaching aspects related to working with senior clients. Emphasis will be placed on adapt-

ing attendees' teaching skills to seniors' physical needs and mind set.

On day three attendees will be expected to demonstrate their skills of teaching senior skiers in a relaxed exam format. Each one in attendance will be given a scenario of a senior client who is booking a lesson with a specific intent. The clinician will be the client and attendees will be expected to help him/her achieve their goal. (Student-centered teaching.) For example, my client was a mid-sixties skier who used to ski a lot of bumps back in the day, but was finding that the bumps were becoming more challenging to ski. My job was to show him that he could still have fun in the bumps. We worked on slowing things down, and skiing a rounder line. Through this process attendees should come away with a better understanding of how to approach a lesson for the senior client.

Mike Erlebach
NI Senior Chair



SPECIAL EVENTS WINTER 2017-18

Fall Festival: November, 11th, 9:00-4:00, Boise St. Luke's. Details and registration online.

Can-Am Instructor Training Summit: Banff, Alberta (Sunshine Village & Lake Louise). At this innovative skiing summit, you can ski with the very best, including members of the Canadian and PSIA-AASI Alpine instruction teams. This international training opportunity is scheduled for Jan. 26 – 27, 2018. Please visit www.thesnowpros.org for more details and registration.

Children's Event: Come join Dusty Dyar, PSIA-AASI National Team and National Children's Task Force Member, in Northern Intermountain for a special, on-snow/indoor Children's Event in late January!! Dusty will visit us from Crested Butte and the Rocky Mountain Division—where he is an Examiner, Clinician and a former Children's Chair. He is also a lead author for the new Children's Manual. Event date and location to be announced.

Northern Intermountain Spring Symposium: April 7th and 8th, Brundage Mountain. Details to be announced.

A Full Calendar of Events will be posted on Northern Intermountain Division website, mid-November.

ARTICLES FROM THE EXPERTS:

The Basics of Adaptive Skiing and Riding

The number one question I get after introducing myself as an adaptive snowsports instructor is... "What is that?" After a few attempts to describe what I do, I have decided that I should come up with a prepared statement (without an adult beverage in my hand!).

So, what is *adaptive* sports or *adapted* sports? Well after checking with Professor Google I found a definition stating: "all sports played by persons with a disability, including physical and intellectual disabilities." As many *adaptive* sports are based on existing able-bodied sports, modified to meet the needs of persons with a disability, they are sometimes referred to as *adapted* sports.

That seems like a good starting point. But the follow-up question quickly ensues: "What are physical, developmental and cognitive disabilities?"

A *physical* disability is a limitation on a person's physical functioning. For example, a mobility impairment includes physical defects (upper or lower limb loss and/or impairment) or a visual impairment, which can also result in severe problems such as blindness, diabetes-related eye conditions, or macular degeneration in old age.

A *developmental* disability is a condition resulting from congenital abnormalities, trauma, or disease. It interrupts or delays normal fetal, infantile, or juvenile growth and development. Some common developmental disabilities include autism, cerebral palsy, Down syndrome, and intellectual disability (mental handicap).

A *cognitive* disability, on the other hand, is caused by damage to or deterioration of the brain (trauma or disease). It may affect the individual's ability to process information, coordinate and control the body, or move in space. Some common cognitive disabilities include traumatic brain injury, brain tumor, stroke, and Alzheimer's.

Now comes the super exciting part for me! I get to help people experience sliding on snow regardless of their disabilities like a modern-day MacGyver. Depending on your guest's level of disability, there are several ways they can ski or snowboard using different types of adaptive equipment.

Anyone who can stand independently on two skis or on a snowboard, probably won't need any additional equipment. If your guest needs additional points of contact on the snow, they can try using one or two outriggers to complement their skis or snowboard. Outriggers are metal forearm crutches with ski tips on the ends and are commonly referred to as 3-track or 4-track skiing (1 or 2 outriggers) or snowboarding with 1 or 2 outriggers.

The snow slider is another form of 4-track skiing for those with more severe balance issues. Skis are mounted to the metal frame like a walker with skis. The skier uses their own boots and skis, and is aided by instruc-

tors on either side or with a tether. The rider bar is the equivalent tool for a snowboarder. It is a waist-high bar that attaches to a snowboard directly underneath a standard binding. The snowboarder uses their own boots and is aided by an instructor on either side.

Anyone who cannot ski/snowboard standing can use a technique called sit-skiing/snowboarding, using a mono-ski (a bucket style seat with a single ski underneath it), bi-ski (a bucket style seat with two skis underneath it), or shredder plate (a bucket style seat with a single snowboard underneath it). A bi-ski can be skied independently with handheld outriggers or can be skied with the assistance of an instructor using fixed outriggers and tethers (reins attached to the back of the bi-ski) or handheld outriggers. The typical candidate for the bi-ski would be an individual with a mid- to high-level spinal cord injury or other severe balance impairments. Mono-skis could be used for an individual with lower limb impairments who can use handheld outriggers for balance; however, the individual might need strong arm, core strength and trunk balance.

So, is all of this information necessary when providing an answer to, "What do you do?" No, not all of it. But the more people know about the complexities, as well as the tools available to disabled athletes, the more impressed they tend to be with the work that our ski schools and instructors do! The key, for me, is to provide the 30,000 foot explanation, but not put anyone to sleep in doing so!

I would love to hear from you chuckchiu@hotmail.com. Let me know what you think, and what additional topics you would like to hear about from the Adaptive Committee!

Chuck Chiu
NI Adaptive Committee Chair





Back Country Snowboarding 101

Mountains, the big, the bad, and the beautiful have always drawn me, for as long as I can remember. Like a moth to a flame, and a zombie to brains, I can't stop looking at them, or feeling the need to climb them. Until I started snowboarding, I had made my descents via shanks pony, aka on my feet. Then I discovered the pure joy of a smoother, quicker means of getting back down the mountain: On a snowboard!

Most people's idea of the back country coincides with what they see in the average film of pro-riders dropping out of helicopters onto giant Alaskan faces, jump turning through a gnarly flute before hucking themselves off a 100-foot cliff. It's no wonder my clients freak out at the mere mention of having them try it for themselves sometime. Despite assurances that they can find low angle slopes that are virtually avalanche free, it is a hard sell to get them to go "out there." How can I justify all that exercise and apparent risk for just one or maybe two runs in a day? Well, some of the best days and runs in my life have been in the back country, shredding perfect powder or corn snow on peaks that I see every day from the top of Sun Valley's Bald Mountain. It becomes an addiction, to skin up another mountain that I have never been up before, then ride down it with a friend or two, each of us comfortable in the knowledge that they have your back.

Having your back in the mountains means that whoever you go out with has done some level of avalanche rescue training and has also got a first aid course up their sleeves. Knowledge is power and the more you have and understand, the less myth and more science can be applied to your trip. It's always a good idea to read the local avalanche advisory, practice basic rescue scenarios before and during the season, and keep your first aid current! Accidents can happen out there for sure, but in my experience, riding on a crowded resort on a holiday weekend is far more dangerous! Besides, when I am out in the mountains with the knowledge that there are no easy avenues for a rescue, I tend to tone my riding down, but manage to have loads of epic turns regardless.

As a snowboarder, I have to admit that skis are a more efficient mode of transport in the mountains; but as a snowboarder, I just don't care! Did I mention I love snowboarding and will

never stop doing it? I grew up surfing on the beaches of Sydney, and I gotta say that surfing is the ultimate board sport. However, snowboarding down a mountain in perfect pow is a close second! There have been many evolutions in back country riding, and I have tried nearly all of them, from boot packing with a board slung over my shoulder, to snowshoeing, to approach skiing with a board on my back, to my current mode which is a split board. The split board is my favorite because it does the job of two tools in one package. It splits in two for the skin up, then compacts into a board for the descent. There is no extra kit to carry on your back except the skins and poles you use on the ascent. Any of these modes require a commitment to effort, and a lot of sweat, some days more than you thought you needed. Many times, I have arrived on top of a peak, drenched in sweat with glasses completely fogged up. For this reason, I don't hike with goggles on and carry extra upper body layers and dry gloves to put on before the sweat freezes to your body! Shell pants that can zip down the leg for ventilation are a bonus. Just remember to zip them up for the ride down! Depending on the weather, bring a thermos of your favorite hot beverage and or water, plus some snacks to keep the engine running. An emergency shelter, first aid kit, shovel, beacon, probe, some form of communication (cell phone coverage is getting better all the time), and a puffy jacket usually completes my day pack.

The caveat to all this talk about perfect pow conditions is that in reality, you must deal with all kinds of snow conditions in the mountains. Resort riding can prepare you for this, by riding all terrain, all weather, all conditions. It is a challenge for sure and can take you out of your comfort zones, riding variable terrain and snow conditions; from a wind scoured ridge top that feels like concrete under your edge, to deep fluffy pillows that send giant rooster tails flying out from behind you, and of course don't forget sun-zapped soupy snow, or a freeze thaw crust that just won't let go of your edge to turn!

So, if I haven't turned you off from trying a little back country riding someday, I suggest you start small and work your way up. Hiking up your local resort is great way of testing out the equipment and to give your legs and lungs a heads up of what is to come. Learning to ride with a pack on is also advisable before your first foray into the hills. Don't try to do this alone, go with experienced friends who don't mind sharing knowledge and dealing with rookie mistakes so that it isn't too daunting. Alternatively, sign up for an avalanche course with a local guiding company, or hire a guide to take you out on a short introductory tour, as with any new sport, lessons are invaluable and could mean the difference between remaining forever ignorant, or worse, and finding a new religion!

Tim Ball
NI Snowboard
DCL and Examiner,
Sun Valley



Successful Ski Instruction for Seniors

We consider a senior skier to be over the age of fifty but what does that mean? Nothing really! Seniors today defy definition. They are on the go and age is just a number. Making assumptions because of age should be consciously avoided. Goals, motivations and specific needs should be clearly understood, appreciated and continuously reviewed. Generally, this is what we do as experienced instructors but perhaps more respect and understanding should be shown to seniors. We need to hone our own listening skills. The following is written for instructing senior skiers, however, senior snowboarders fall into the same categories and can benefit from the same philosophies and information presented.

The more common denominators for seniors as in any teaching situation are safety, fun, and learning. For seniors the "learning" phase maybe less important than "safety." Safety concerns may be more focused and includes closer attention to individual needs. Important elements for a senior's feeling of "safety" are: fear, terrain and conditions, stamina (assessing the efficiency of skills/movements), and the use of appropriate modern equipment for ease.

A consistent meeting area goes a long way to put a senior at ease. First meetings should get everybody acquainted and enable instructors to split the participants into similar "ability groups." Dedicate the first day of multiple-day sessions to reinforcing and enhancing good basic skiing. Sessions should focus on a variety of subjects designed to enable mature skiers to challenge themselves safely while building confidence to ski the runs they want to ski and make turns when and where they want.

Senior skiers fall into four categories: "Rookies," "Cruisers," "Explorers," and "Rippers." The Rookies are bucket-listers who are trying skiing for the first time. Cruisers are those who skied previously and are getting back into the sport after time off snow, or they continue to ski fairly comfortable in their skiing style. Explorers and Rippers are the folks who have continued to ski and have chosen to enhance their skills. Regardless of the category they are in, programs for the over fifty crowd should be set up to provide a safe venue and versatile experience on the mountain.

Rookies present unique opportunities for instructor/student interactions. An age appropriate instructor will, in most cases, be less intimidating to a first time older skier. Fear of getting hurt is a huge factor for this type of skier. During the introduction, overall health should be discussed. Identified physical ailments (knee, hip, or heart problems are not unusual,) and preconceived notions, should be covered in depth as these will effect client confidence and willingness to try various skills. The lesson should start with enough stretching to let the instructor take a look at the client's flexibility. The amount of flat land work – walking in boots, one ski then two ski work, etc. – should be gauged by what kind of shape the client is in. Terrain selection is extremely important. A first time skier in this age group may have sliding balance issues. This phase may take quite a while before success is achieved.

The Cruiser group is a pleasure to coach. As with the Rookies, it is important to cover any issues of health which might effect performance. They know what it was like to ski and are

generally very enthusiastic about getting back into the sport or look forward to getting out of the dreaded intermediate rut. This group consists of skiers getting back into the sport after a long time off snow, and often consists of older skiers who no longer desire to ski beyond intermediate terrain. Their biggest, yet easiest, hurdle is to become skilled at using more modern equipment. Once Cruisers discover the ease of modern equipment, experience shows these folks how to quickly regain their previous form. It is not uncommon to hear, "This is great! I didn't realize how easy it would be to ski on these new skis." Even though this group of over fifties feel they recaptured their skills back to what they had they are probably not ready for more advanced terrain. New technique and new equipment will require some mastering before proceeding. The key here is to make the experience so fun they will not want to stop. Remember the adage: TEACH new skills on old terrain and PRACTICE old skills on new terrain.

The Explorer and Ripper groups consist of those folks over fifty who have continued to ski throughout their lives. These folks may be subdivided into two categories. Those that like the way they ski and do not care to learn new technique and thus do not take lessons. And those who realize anyone can get better at skiing. There are many more of the latter than the former. Many of the folks in the second category, however, do not take lessons because they are on fixed incomes and do not feel they can afford lessons. Servicing this demographic requires a commitment by snowsports schools to develop affordable programs designed to keep this particular group of folks coming back. It is clear they like and enjoy the social aspects of skiing and their motivation for taking lessons range from wanting to improve their basic skiing to wanting to get off piste. Sessions of group lessons (6 to 8 weeks) at a really good price point work very well.

Teaching seniors mostly comes down to personal concerns such as avoiding accidents and wanting to have "fun." The object is to get to the end of the day like you don't want it to end! The "fun" aspect for seniors is mainly the social interaction within the group as well as one on one time with you, the instructor. Provide a nice environment, hope for good weather, take breaks and visit over a hot drink and cookies! Remember it's all about learning a bit, skiing a lot with appropriate breaks, and enjoying the company of other skiers with like hopes and concerns.

Loren Livermore
NI Alpine DCL, Tamarack Resort



Fall Training

Exams. In grade school, it was a knowledge test to grade our retention and familiarity of the material. With this the learning stopped when we went into the exam. Now as instructors, we keep this same mindset. Our feeling is that the exam is a test of our retention and familiarity of the material. Well. It is. But it's also much more. Unlike traditional exams, we are still learning throughout the entire exam weekend. This brings up something that is very difficult for us to understand: An exam can still be successful even though we may have received the disappointing result of retaining our current certification level.

For level 2 and 3 exams, we work all winter to improve our knowledge and skills. Not all the material is laid out for digestion like Thanksgiving dinner. As with most physical challenges, what we think we have mastered isn't always mastered. Then we come to the culmination of it all. One weekend. The untamed elements being a game time decision. Literally. All this can converge and humble even the most determined of instructors.

The problem is many instructors go into exams thinking they have the materials and the skills. But unfortunately the desired results were not achieved. We feel like we wasted our hard earned teaching wages. We're done until the following season to start over and have another go at it. However, what we don't realize is how much of a better instructor we are from not only the material we studied, but also the day of the exam. Those 12-14 hours over the course of two days we get to see how our peers teach and ride. Just this snapshot of how others instruct can be well worth our entry fees. Then there is the feedback from our examiners. If we keep an open mind and digest the improvements they suggested we can catapult our teaching and riding.

Some would say "well why can't I just take a clinic and achieve this." You could in part; but the environment an exam provides cannot be replicated. The point right before you perform a riding task you may forget whether you are supposed to be flexed or extended because you are so concerned about how large a cat-width is. This high stress environment trains us to be able to perform at our best when we are in some of our most difficult lessons.

Certification isn't as black and white as pass-fail. It's a journey. We all cross different rivers of certification. Selecting the correct stones to get across. As with the changing topography of a river, the stones that our predecessors stepped on to get across may be different than the ones we need to use. We may fall while trying to get across and have to swim back to the start. But with every crossing attempt we challenge ourselves to get across the threshold.

Casey Jeffus

NI Snowboard DCL, Brundage Mountain



“Black Fail”—Alpine Ski Tip: Turns For Early Weight Transfer.

“Black Fail” turns are a drill in which the old inside ski is weighted in the completion phase of the turn, prior to the edge change. This is the opposite (hence the silly name) of the classic “White Pass turn” in which the old outside ski remains weighted through the edge change as it becomes the new inside ski of the turn. Much like the White Pass turn, the Black Fail helps intermediate and advanced zone skiers release from the old turn and move into the new turn progressively, with an effective blend of angulation and inclination.

In a Black Fail turn, the edge change takes place after the old inside ski has been weighted and is the result of the skier’s CM (Center of Mass) being moved into the new turn. Because the inside leg is flexed during the finish phase of most turns, there will be an extension of the leg as the edge changes and pressure builds on the ski as the new edge is engaged and the old inside ski becomes the new outside ski. This extension will allow pressure to build as the ski enters the fall line, and positions the skier’s CM over the middle of the ski in such a way that they are able to more effectively tip and steer the skis, as the situation requires.

A simple progression:

- Standing across a slope in an athletic stance with both skis on edge, flex the downhill leg and lift the downhill ski while maintaining muscular tension in the uphill leg. Repeat this several times on both sides.
- Practice this same maneuver while traversing a moderate (easy blue terrain) slope. It may take a few attempts to become comfortable balancing over the uphill/inside edge.
- Perform the maneuver from a traverse, after balancing over the inside/uphill edge, gradually extend the uphill leg and allow the ski to release into a turn.
- Start linking turns together and experiment with incorporating this early weight transfer into your skiing.

Additional steps and ideas:

- Retraction turns in which the old outside leg continues to flex through the completion phase of the turn after the inside leg has stopped flexing is another way to perform this drill and to incorporate this movement pattern into your skiing.
- Cat tracks or flat beginner runs are a great place to experiment with differently timed weight transfers in relation to the edge change.

From the best skiers in the world, like alpine ski racers and examiners, to intermediates learning to pressure the outside ski earlier in the turn, the Black Fail drill is a great way to become more comfortable moving more smoothly and progressively through the edge change and initiation phase of the turn. We all know we need to get on the new outside ski early in the turn. Why not start while it's still the old inside ski?

Ben Roberts
NI Alpine Certification Chair

IN MEMORIAM

Schi Heil, Pete Watson!
1958-2017

Over the years Sun Valley, has seen many legendary instructors come and go. However when they pass on to the slopes of a new dimension, memory of them takes over. This year Pete Watson, the skier who always had time to take a run with you, the gentle giant with a deep laughter, has passed on and will be missed by many.

As a graduate of Wood River High School, Pete spent his youth on motorcycles, skis, and everywhere outdoors. Pete began teaching for the Sun Valley SnowSports School in 1992, and quickly became a technician of skiing and an inspiration to guests, colleagues, and friends alike:

“Pete Watson was a master of skiing in his own right. He was often silent about the knowledge he had acquired over the years. He starting with racing, which I believe is where his true passion blossomed. He seemed intrigued by the mechanics in skiing, ultimately defined by his impeccable sense and feel for balance. He consistently showed subtle, yet well blended movements that one could hardly detect. However, watching Pete’s skis on the snow and his feet on his skis, revealed much about his wonderful mysterious touch. His stance in motion proved to be bomb proof. Nothing seemed to disturb him.

I love the way he smiled with satisfaction after a fast run

down Upper and Lower College, not missing a beat. I remember one time when I was struggling to keep up. He looked at me and said, “stop trying so hard,” and then he said in his quiet, sly manner, “keep up!” Eventually, after skiing several runs and not missing more beats and experiencing his delightful story and joke telling on the lift rides, Pete revealed his unique to-the-point observing skills giving specific feedback that was always effective and reinforcing. It was so comforting being with him at this point because he totally made me relaxed with his wonderful sense of humor!



What a terrific role model, Pete! You are my sunshine on off days and will fondly be remembered by your fast runs, amazing touch, grins, and pleasantries on the lift rides. The thought of you being with Ullr, the Norse skiing God, suits you!” ~Bonnie Wetmore

You will be missed on the slopes, Pete; you truly were a master to the art on skis that so many of us strive for. No doubt, we will continue to feel your spirit slicing through the snow, smiling modestly, as you soar on by...

Heidi Scherthanner
SB & Alpine Level 3, Sun Valley



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WHERE — ENDROIT

BANFF, ALBERTA (SUNSHINE VILLAGE & LAKE LOUISE)



WHEN — DATES

JANUARY 26—27, 2018 ARRIVAL/REGISTRATION: JAN 25TH
26-27 JANVIER 2018 ARRIVÉE / INSCRIPTION: 25 JANVIER



COST — COÛT

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